



WHAT'SheATE



Spaghetti and Meatball Soup



Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups water
- ☐ 1 cup pasta like spaghetti uncooked (short curved pasta)
- ☐ 20 meatballs frozen cooked
- ☐ 27 oz pasta sauce

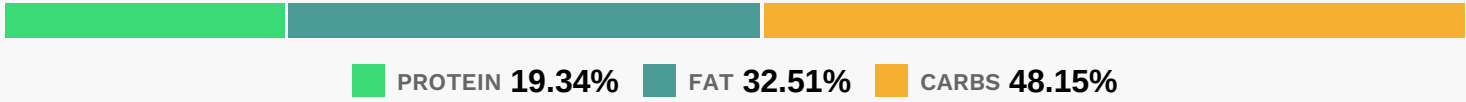
Equipment

- ☐ sauce pan

Directions

- ☐ Bring water to a boil in large saucepan.
- ☐ Add spaghetti and meatballs; cook about 10 minutes or until spaghetti is tender. Do not drain.
- ☐ Stir in spaghetti sauce. Cook until thoroughly heated. If desired, sprinkle individual servings with grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:16.83, Inflammation Score:-6, Nutrition Score:16.62956511456%

Nutrients (% of daily need)

Calories: 359.57kcal (17.98%), Fat: 13.04g (20.06%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 39.65g (14.42%), Sugar: 6.71g (7.46%), Cholesterol: 40.32mg (13.44%), Sodium: 769.3mg (33.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Selenium: 44.6µg (63.71%), Vitamin B1: 0.49mg (32.62%), Manganese: 0.6mg (30.17%), Vitamin B3: 4.75mg (23.75%), Phosphorus: 228.76mg (22.88%), Vitamin B6: 0.43mg (21.58%), Potassium: 720.91mg (20.6%), Copper: 0.37mg (18.41%), Vitamin B2: 0.26mg (15.26%), Fiber: 3.81g (15.24%), Magnesium: 60.57mg (15.14%), Vitamin E: 2.26mg (15.04%), Zinc: 2.25mg (15.03%), Iron: 2.58mg (14.32%), Vitamin C: 11.11mg (13.46%), Vitamin A: 666.79IU (13.34%), Vitamin B5: 1.05mg (10.51%), Vitamin B12: 0.39µg (6.53%), Folate: 25.09µg (6.27%), Calcium: 44.89mg (4.49%), Vitamin K: 4.33µg (4.13%)